



FEEL BETTER • GAIN ENERGY • ENJOY LIFE



Do you want to learn how to take control of your health and be more independent?

Do you suffer from a long-term health problem such as: fatigue, heart disease, cancer, strokes, injuries, breathing problems, kidney disease, diabetes, depression, obesity, arthritis, Parkinson's, etc.?

Where:
Zion Baptist Church
1611 "G" Street
Brunswick, GA 31521

When:
Every Tuesday,
Jan. 22 thru Feb. 26, 2019
2:00pm-4:30pm
Call Loreatha to Register:
912-437-0843

Join a *Living Well Coastal* Workshop and learn better ways of coping and managing your health by:

- Setting realistic goals
- Working with others
- Finding support and solutions
- Making daily tasks easier
- Relaxing and managing stress
- Working in partnership with your doctors

After attending this workshop, you will feel more prepared to:

- Cope with feelings of sadness
- Deal with pain and extreme tiredness
- Eat for better health
- Talk with family, friends, and health professionals
- Manage medications
- Relax and enjoy life!

Who can Take Part? Anyone living with a long term health condition or caregivers caring for someone are also welcome.

Living Well Coastal is a six-session workshop based on a widely acclaimed program developed by Stanford University's Patient Education and Research Center. Best of all, it is **absolutely FREE** (a \$250 value). You will also receive a free book, CD, and a certificate of completion. Feel free to bring or invite a family member, friend, or caregiver.

Put Life Back in Your Life & Live Well!
Sign Up Today



SEATING IS LIMITED. REGISTER NOW.
Call Loreatha 912-437-0843